

## "Iles du Vent"

### REVISITED BABA COCONUT & ILES DU VENT RUM



THE CHEF

Original creation by  
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Recipe for 16 individual desserts

**Composition :** chocolate shell, baba soaked in **Iles du Vent rum**, coconut cream, exotic fruit garnish.

#### 1. BABA DOUGH

10 g yeast  
250 g flour  
10 g caster sugar  
4 g salt  
220 g eggs  
80 g melted butter  
Total weight: 574 g

Mix the yeast in the mixer bowl, then add the flour, caster sugar, salt and eggs, working with the leaf. Once the mixture is well combined, add the melted butter. Pipe 10 g into each 4 cm diameter Flexipan® dome mould. Leave to rise in the molds and bake in a fan-assisted oven at 160°C for 30-35 minutes. This recipe gives a larger quantity, but it's difficult to use less than 250 g of flour.

#### 2. ILES DU VENT SYRUP

500 g water  
50 g passion fruit purée  
225 g caster sugar  
Zest of ½ lemon  
Zest of ½ orange  
100 g **Iles du Vent rum** 40%  
1 g vanilla powder  
Total weight: 876 g

Bring the water, passion fruit purée, caster sugar and zest to the boil. At 40°C, add **Iles du Vent rum** and dry babas in a candissoire. Cover with film and store in the fridge. Drain the babas on a wire rack, lightly pour in rum over the surface and store, well-wrapped, in the freezer.

#### 3. COCONUT CREAM

90 g milk  
40 g caster sugar  
60 g grated coconut  
63 g gelatin mass (9 g gelatin powder 200 blooms and 54 g water)  
255 g coconut purée  
30 g **Iles du Vent rum** 40%  
450 g whipped cream  
Total weight: 988 g

Bring the milk and caster sugar to the boil in a saucepan and infuse with the grated coconut for around 12 minutes. Strain to remove the grated coconut. Cool to around 30°C, then add the melted gelatin mass, coconut purée, **Iles du Vent rum** and whipped cream. Use immediately.

#### 4. EXOTIC FRUIT GARNISH

1 banana  
1 mango  
2 passion fruit  
Juice of 1 lime  
Zest of 1 lime  
S.Q. 30°B syrup

Cut banana and mango into brunoise. Empty passion fruit. Zest and add lime juice. If necessary, add 30°B syrup to mix with fruits and to sweeten. Set aside in the fridge for plating.

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## 5. ALMOND SHORTBREAD PASTRY

270 g flour T55  
 150 g butter  
 6 g salt  
 110 g icing sugar  
 40 g almond powder  
 1 g vanilla powder  
 55 g whole eggs  
 Total weight: 632 g

Mix flour, butter, salt, icing sugar, almond powder and vanilla powder. Then add the eggs and knead gently. Stop kneading when the dough is smooth. Refrigerate at 4°C. Allow to rest for 24 hours before use.

Roll out the dough to a thickness of 3 mm, and cut into 6 cm-diameter discs. Leave to rest for about an hour, then bake in a fan-assisted oven at 170°C for 15-20 minutes.

## 6. GOURMET ICING

700 g 64% dark couverture chocolate  
 200 g vegetable oil

Mix and melt the two ingredients together, use at 35°C.

## 7. ASSEMBLY & FINISHING

Pour gelatin mass into ø 3 cm half-sphere moulds and leave to set in the freezer.

In ø 6 cm Silikomart® half-sphere moulds, poach approx. 30 g coconut cream, lower a soaked baba, then top up to close the mould with coconut cream.

Place a half-sphere of gelatin on top and place in the freezer.

Unmould the cakes and remove the gelatin.

Using a wooden pick, dip the spheres into the icing to the level of the gelatin.

Wait a little, then brush the spheres with a wire brush to create the relief of a real coconut.

Stick on a cooked shortbread disk.

Decorate with exotic fruit garnish.



exotic fruit garnish

baba soaked with Iles du Vent syrup

coconut cream

gourmet icing

almond shortbread

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